

EAGLES ROCK

Choreographed Gaye Teather (UK) Nov 07

by:

Music: **How Long** by **The Eagles** (CD: Long Road
Out Of Eden [140bpm])

Descriptions: 64 count - 4 wall -

24 count intro

**Side rock. Cross shuffle. Quarter turn Right (x 2). Cross.
Hold & clap**

- 1 -2 Rock Right to Right side. Recover onto Left
- 3&4 Cross Right over Left. Step Left to Left. Cross Right over Left
- 5 -6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 6 o'clock)
- 7 -8 Cross Left over Right. Hold and clap

**Side rock. Cross shuffle. Quarter turn Right (x 2). Cross.
Hold & clap**

- 1 -2 Rock Right to Right side. Recover onto Left
- 3&4 Cross Right over Left. Step Left to Left. Cross Right over Left
- 5 -6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 12 o'clock)
- 7 -8 Cross Left over Right. Hold and clap

**Forward rock. Walk back Right. Left. Back rock. Forward
Right. Touch**

- 1 -4 Rock forward on Right. Recover onto Left. Walk back Right. Left
- 5 -8 Rock back on Right. Recover onto Left. Step forward on Right. Touch Left beside Right

Rock (x 4). Jazz box. Touch

- 1 -4 Step Left to Left rocking weight onto Left. Rock onto Right. Rock onto Left. Rock onto Right
- 5 -8 Cross Left over Right. Step back on Right. Step Left to Left. Touch Right beside Left

****Add the 4 count TAG here DURING wall 2 (see below) and start dance again from the beginning**

Chasse Right. Back rock. Kick ball cross. Kick ball cross

- 1&2 Step Right to Right side. Step Left beside Right. Step Right to Right
- 3 -4 Rock back on Left. Recover onto Right
- 5&6 Kick Left forward. Step Left beside Right. Cross Right over Left
- 7&8 Kick Left forward. Step Left beside Right. Cross Right over Left

Angle body slightly towards Left diagonal during counts 5&6, 7&8

Chasse Left. Back rock. Kick ball cross. Kick ball cross

- 1&2 Step Left to Left side. Step Right beside Left. Step Left to Left
- 3 -4 Rock back on Right. Recover onto Left
- 5&6 Kick Right forward. Step Right beside Left. Cross Left over Right
- 7&8 Kick Right forward. Step Right beside Left. Cross Left over Right

Angle body slightly towards Right diagonal during counts 5&6, 7&8

Quarter Right. Half Right. Back rock. Full turn Left (travelling forward). Walk. Walk

- 1 -2 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left
- 3 -4 Rock back on Right. Recover onto Left
- 5 -6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)
- 7 -8 Walk forward Right. Left

Heel switches (x 3). Clap. Hip bumps forward (x 2) Hip bumps back (x 2)

- 1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
- 3 -4 Touch Right heel forward. Hold & clap
- 5&6 Bump hips forward twice
- 7&8 Bump hips back twice

Start again

Tag: Danced at the end of section 4 DURING wall 2. Then re-start from beginning

Side Right. Touch. Side Left. Touch

- 1 -4 Step Right to Right. Touch Left beside Right. Step Left to Left. Touch Right beside Left

Beginner split: How Long by Jo Thompson to the same track. Ideal for floor splits